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SCARBOROUGH

Sir *Charles Scarborough*'s

Practical Method

AS USED

For the CURE of the

PLAGUE

In *LONDON*, in 1665.

Price Six-Pence.

A

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For the CURE of the

PLAGUE

In *LONDON*, in 1665.

BY

Sir *Charles Scarborough*, Knt.
Physician to His Royal Highness
the Duke of *YORK*.

With some REMARKS upon the present
PLAGUE in *FRANCE*.

LONDON:

Printed for B. LINTOT, at the *Cross-Keys* between
the *Temple-Gates*, in *Fleet-street*. 1722.

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A

Practical Method,

AS USED

For the Cure of the PLAGUE in *London*, in 1665.

THE Plague, which at present rages in *France*; and has almost depopulated Three of its finest Provinces, *viz.* *Provence*, *Languedoc*, and *Dauphiné*, has, with Reason, given an Alarm to the greatest Part of *Europe*; and the rather, in that it continues still its dreadful Effects, notwithstanding the Winter-Season.

Which to consider well, with all its deplorable Circumstances, gives me a Retrospection

into Times paſt, and evidently ſhews, by many convincing Proofs, this terrible Contagion before us, is the heavy Rod of an over-ruling Power, to chaſtiſe theſe People for their former barbarous Perſecutions.

For, from *Pontius Pilate* the Governor of *Jeruſalem*, and our Saviour's Judge, a Native of *Vienne* in *Dauphiné*, (whoſe Houſe they ſtill ſhow to Strangers, at preſent poſſeſs'd by private Families) they have continued down almoſt to theſe preſent Times, to crucify their Chriſtian Brethren.

The *Waldenſes*, and *Albigenſes*, were the firſt of theſe Provinces that ſuffer'd for the Truth and Purity of their Doctrine; and tho', at Times, they had deſtroy'd above a Million of them, yet there ſtill aroſe others, to promote and ripen thoſe early Seeds of Reformation; whoſe Opinions, after ſome Ages, were brought into *England* by *John Wickliff*, thro' the Affinity between the Kings of *England* and the Earls of *Tholouſe*, and the Neighbourhood of their Territories to *Guienne*, then in *Engliſh* Hands.

The following Perſecutions in theſe *Southern* Parts of *France*, were under *Charles* the Ninth; where, in a few Days, they deſtroy'd a Hundred Thouſand People: At what Time, the ſaid King founded, and richly endow'd, an Hoſpital in the City of *Arles*, (one of the preſent infected Places in *Provence*) in Conſideration of their active Services,

Services, and treacherous Barbarity in that Maſſacre.

But not to be thought too prolix, in the Enumeration of ſuch Inſtances of the ſame Kind, during their Civil Wars in thoſe Parts: I will only add that late and terrible Perſecution, during the latter Part of the late *Lewis*'s Reign; when he ſent his Miſſion of Dragoons againſt the *Camiſars*, commanded by the Mareſchals *de Villars*, and *Berwick*; whoſe infamous Villanies, and unheard-of Cruelties, back'd by the ſcoffing Inſolencies of Jeſuits, and other Prieſts, has not been paralel'd in any Age.

I have here premiſed theſe foregoing Tranſactions, becauſe I would not incur the Cenſure of Atheiſm, by aſcribing too much this Peſtilential Diſtemper to Second Cauſes, as ſome Phyſicians have already done in their late Books upon the ſame Subject; and I hope I may be the rather excuſed, in that I have not by more particular Recitals of all thoſe other remote Regards I am acquainted with, drawn this Treatiſe, as I might have done, out into the needleſs Lengths of ſome Writers.

Theſe Provinces in the *Southern* Parts of *France*, which are infected by the Plague, and at preſent lye miſerably Waſte, for want of People to manure and dreſs the Ground; gives me Occaſion to publiſh ſome ſmall Deſcription of that Paradiſe of *Europe*: Whoſe natural

natural warm Climate, (a better Fence in Winter, than Cloaths or Fire,) has ſo often done Wonders, in cheriſhing and reſtoring the decaying Natures of our Conſumptive *Engliſh*.

The Air is ſo mild, that 'tis ſeldom or never obſerved to be ſubject to Froſts; but the Advantages of their Situation are conſiderably leſſened, by the boiſterouſneſs of the Winds that reign in it: And beſides, the Country is generally ſo Mountainous, that the one half of it is not cultivated; and for the Ground that remains, is ſo full of Stones, that a Man would be tempted to believe they had been brought thither on Purpoſe, to ſurround their Fields with Stone-Walls, which are almoſt every where Three Foot High.

But to make Amends for the Inconveniency of that Part of the Country, which is neither proper for Corn, or Paſturage, it produces the beſt Wines of *France*, and great Store of ſuch excellent Olives, that the Oil of them is eſteemed the ſweeteſt in *Europe*. The Wines are of ſeveral Sorts: In *Dauphiné*, the White-Wines, called *Condrieu*, and *Gannetin*, the laſt a very pale and thin White-Wine, much like to the *Verdé* of *Florence*, ſweet, and of a very pleaſant Flavour: The Red Wine, are *Camp de Perdris*, and *Coſté Bruſlee*, of very good Taſte, and hot upon the Stomach: But above all, the moſt eſteemed, is the Hermitage upon the *Rhoſne*.

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The Wines of *Provence* and *Languedoc*, are moſt commonly Red, and not inferior to *Burgundy*; but the moſt excellent Wines for Strength and Flavour, are the Red and White St. *Laurence*, a Town between *Toulon* and *Nice*; and the *Frontiniac* of *Vic*, *Mirabel*, and *Frontiniac*, Three Towns near the Sea, in *Languedoc*, where this Wine is made.

Theſe Two laſt Provinces abound in Ortolans, Quails, Becfigs, Red-legged Patridges, and ſome Francolines, a Species of the former; for they have both the ſame Cry, and Colour of Feathers, only the Wings of the latter are ſpotted Black and White, their Legs are ſomewhat ſmaller, and they exceed the others in their agreeableneſs of Taſte.

Their Fruits of moſt Eſteem, are the large Grapes of *Provence*, which the People have a Secret to preſerve 'till *May*; and bring Baſkets full of them every Day to the Market: And the delicious *Muſcat* Grapes of *Languedoc*, than which, one cannot imagine any Thing of a more delicious Taſte. The Vineyards are very Orchards, and all the moſt tender Fruits with us, are there Standards: As Figs of both Sorts, Apricocks, Peaches, Nectorins, Prunes *de Brigniol* or *Prunellos*, Jujubs, Almond and Pomgranat-Trees. And in the Canton of *Hires*, Orange and Citron-Trees, are brought up with as little Care and Induſtry, as Oaks, and Cheſnut-Trees in other Places: Alſo Cherries, Pipins and Pears there,

there, are in a far greater Perfection than with us, or in any Parts elſe of *France*, beſides that once happy Climate.

Theſe Provinces may boaſt of an Autumn in the midſt of Winter; for the Woods are filled with Laurel and Myrtles, *Lentiſcus*'s and *Phylarea*'s, in as great Abundance, as Hazel and Thorn with us: Jaſmins, Ciſtus's, and Roſemary, and a Hundred other ſweet-ſmelling Woody Shrubs, growing every where in the Fields; and the tall Cypreſs's grow of themſelves, to Sixty and a Hundred Foot high; and are alſo Tonſil at Pleaſure, for the moſt beautiful Walks imaginable. The very Fields are moſt excellent and well furniſhed *Parterr*'s of Flowers, and are naturally Kitching Gardens of themſelves: Nor is this the ſole Reaſon why theſe Provinces may boaſt of an *Autumn* in the midſt of Winter, for the *Arbute* Trees are not only ever Green, but continue to bear Fruit 'till *Lent*.

To theſe may be added, that there is nothing wanting to that preſent unfortunate Countries, for the Delight and Support of human Life, but an univerſal Anti-peſtilential Remedy; to which ſome Phyſicians of *Montpelier* have pretended, but none, as yet, have been real Maſters of.

I know that the learned in Phyſick, have ever exploded ſuch an univerſal Remedy; and what hath long obtained among them,

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is very difficult to erace; yet I will be bold to aver, that it is not impracticable, but that ſuch a Medicine may be ſo compoſed out of Volatile Salts, and ſome generous and noble Drugs, (which, by the Increaſe and Decreaſe of ſuch proper Doſes, as may fit every Age, Sex, and Conſtitution) as will overcome this Herculean Diſtemper.

This Contagion, which, at the beginning, crept from the Shipping into *Marſeilles*, ſoon changed its firſt ſlow and languid Pace, into a horrible Slaughter; and though the City was almoſt drained by her Funerals, yet there was not the leaſt Appearance of a Relax, until the approach of the Winter; at what Time it declined leiſurely by Degrees, as it had gradually made its firſt Advances. The Multitudes, which have ſince fled from the City, and carried the Infection along with them into the adjacent Towns, have been the Occaſion of its ſpreading its Cruelties, ſince the Spring, into the neighbouring Countries, where it, at preſent, rages with equal Fury: So that now all hopes is loſt, that this Peſtilence will ceaſe, 'till there is want of Subjects to act upon.

But I will ſtop here, though it is not eaſy to retire from ſo copious a Subject; that as it affordeth ſo much Matter, ſo upon many Accounts, raiſeth a Heat of Thought, that is not eaſily governed. I will now lead you to a Scene that giveth leſs Diſorder: It is that

of the Plague in *London*, in 1665; wherein Sir *Charles Scarborough*, that celebrated Phyſician, acted his Part, in a Meaſure of Knowledge, far above the common Practitioners of the Town, and more than could be expected from a Perſon of his Rank; whoſe great Performances in the Cure of the Duke of *York*, had kindled that Eſteem for him in *France* and *Italy*, and other Catholick Countries, that they accounted him among the peculiar Bleſſings of the Age.

This Plague, which the eminent Doctor *Sydenham* calls, in his Practice of Cures, by the Name of a Mortal Fever; diſcovered at firſt its Malignity among the poorer Sort of People, in St. *Giles*'s *in the Fields*, towards the latter end of the Year 1664: At what Time that Contagion was thought to be brought in thither from *Dantzick*, by the Sale of ſome Pillows, and other Bedding, that were belonging to a Maſter of a Ship, who died of that Peſtilential Diſtemper in the Voyage. For though that Part of the World lies between Fifty and Sixty Degrees of *Northern* Latitude, and a frozen Climate; yet as it borders upon the *Turks*, it is ſeldom free from ſuch Infections.

There are others, who eſpouſe a contrary Opinion, and give an Account that theſe Peſtilential Effluvia, were firſt imported to us from *Holland*, by the Means of a Spaniel Dog, brought over from thence in an infected

fected Ship; which Notion of its Origin, ſeems more the Effect of a deluded Imagination and Conjecture, than any ſolid Truth.

But a further Recital of ſuch ſtrange Conceits as theſe, which the Populace had broached out of their own Heads, concerning the Riſe of this Sickneſs, being foreign to my Deſign; I will therefore endeavour to ſet Things in as clear a Light as I can, without prying too far into the ſecret Purpoſes of the Almighty, when he intends to puniſh us for our Good.

The Influences of Cæleſtial Bodies, and hidden Cauſes, are well known to be ſuperior to all other natural Things; which when they carry with them a malignant Train of Steams, contrary to our Natures, they excite putrid and irregular Diſtemperatures, throughout the whole human Frame; by which they exerciſe their cruel Power over Mankind. The further off ſuch Impreſſions are made, the greater do they denote the future Calamity will be; and when a Peſtilence appears, with ſuch Forewarnings as this of ours, with a terrible blazing Comet; what leſs Miſeries and Deſolations could be expected, than the enſuing Slaughter and Conflagration, that had almoſt deſtroy'd our Metropolis. Some Perſons of Thought did not ſo much regard it; yet the Prevalency it had upon the Minds of the common People,

ſtirred up ſuch tumultuous Diſorders in the Blood, and other animal Juices, as much promoted the Increaſe of the Diſeaſe.

But to be more particular in Things of greater Moment: His Royal Highneſs, then Lord High-Admiral, (with Prince *Rupert*) ſetting Sail the Ninth of *November*, 1664, with the Fleet againſt the *Hollanders*, gave our Phyſician, Sir *Charles*, Leiſure to attend ſome Patients in this Peſtilential Diſtemper: Whom in the firſt Aſſaults of that Contagion, were taken with frequent Shiverings, Pains of the Back and Loins, the Pulſe ſmall, frequent and unequal; cold without, and hot within, heavy, weary, and lumpiſh; the Appetite loſt, with Vomiting: Some were at the firſt Sleepy, but in the heighth of the Fever, watchful, raving, and reſtleſs; they had great Pains in the Head, Thirſty, Bitterneſs in the Mouth, and the Tongue ſometimes inflamed and Black; the Urine in ſome thick and ſtinking, in others inclining to be Red, like thoſe that are well: Some were afflicted with Blanes, Bubo's behind the Ears, under the Arm-holes, or elſe in the Groins; others with Carbuncles, black, blue, livid, or reddiſh Spots, with a Circle round them: So from the diverſity of the Cauſe, there aroſe various Symptoms; but in all, the Facultie of the Body were diſturbed, and their whol Actions perverted.

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To find out the Subject Cauſe of this *Venenum Terroris*, a Diſeaſe moſt notorious for its Cruelty, Malignity, and dubious Event; generated here with us, by Foreign Aſſiſtance, and where-ever it diffuſes its Contagion, it invades the very Capital of the Soul, and ſtifles the animal Spirits.

Moſt Phyſicians will have the Heart to be the chief Seat or Subject of this Contagious Diſtemper, from whence all preternatural Heat is communicated to the reſt of the Body; and this, they ſay, is demonſtrable from the Pulſe, which proceedeth from the Action of the Heart, and the pulſifick Faculty, and fiery Spirits, mix'd with the arterious Blood.

Sir *George Ent*, and Dr. *Sydenham*, place the Seat of this Diſeaſe in the Blood: For as in Wine and Milk, we obſerve ſtrange Diſturbances and Fermentations, Why may there not happen the ſame in the Maſs of Blood? Nor are the animal Spirits to be excluded. The ſecondary and more general Subject of this Peſtilential Fever, are all the Parts, in that the Diſeaſe, by the help of the Arteries, invadeth the whole Body.

There are almoſt as many Opinions as Phyſicians, concerning the Cauſe of this terrible Diſeaſe; tho', for the Generality, they agree in the Deſcription of it: Which is, That it is a continual Epidemick Fever, that privately and lurkingly ſeizeth upon Human Kind;

Kind ; which, with a malign Inflamation, putrifies and coagulates the whole Maſs of Blood, and thereby deſtroys the Animal Spirits, mortifies the Parts within and without, whereby the Vital Flame being extinguiſh'd, unexpected Death ſuddenly enſues.

Helmont will not allow the Plague to have its Seat in the Blood ; but ſays, it is in the Vital Spirits, occaſion'd by infectious Air ſuck'd in, which paſſing thro' the Pores of the *Diaphragma* to the Stomach, and not being able to go any further, leaves there its fatal Impreſſion to Death.

Paracelſus is of the Opinion, that this Diſtemper takes its Original from the malignant Rays of the Stars ; and as that Contagion proceeds from the Influence of the Heavens, the ſecret Virtues of Herbs, Roots, Metals and Minerals, ſignify nothing ; but the Cure is to be perform'd by heavenly Influence, aſtronomically apply'd. We have, in Authors, frequent Citations of theſe famous Medicines, as well as thoſe of *Helmont* ; but they contribute little to us, only that they excite us to follow Nature ; no general Rule being extant, whereby ſuch Medicines may be obtain'd.

Sylvius will have the Cauſe to be of this Peſtilential Diſeaſe, from a too great Fluidity of the Blood, occaſion'd by a ſharp, Volatil Salt : From which Volatil Salt, he

deduceth all the Malignancy that attends it.

Willis ſays, that the Cauſe of this contagious Sickneſs proceeds from the Coagulation of the Blood and nervous Juice; like Milk turn'd ſowre, that has had an Acid pour'd upon it; whence the Parts of it, thrown into a Fermentation, immediately curdles, grows black and corrupted, and, if not preſently evacuated, by obſtructing the Circulation, brings Death.

Our Author, Sir *Charles*, derives the Original Cauſe of this Evil from Maternal Nouriſhments, and the Ignorance of Midwives; who, before they tye, and cut the Navel-ſtring of the Child, ought to drive up (with the Finger and the Thumb) the looſe, unconverted Menſtrual Blood of the Mother, from the Root of the Navel, that is newly come in by the Spring: For tho' ſuch Menſtrual Blood be not nocent in the Womb, becauſe it then becomes its natural Nouriſhment, as being converted therein to the Child's Subſtance and Juice, by its univerſal Diſtribution thro' the Body; yet when the Child is born to the free Air, and requireth Nouriſhment by the Mouth; then what came in by the Navel, and was not (before its Birth) converted into the eſſential Juice of the Child, muſt lie rotting there, and, as a Ferment of Putrefaction, break out into ſome higher and univerſal

Fermen-

Fermentation of the Humours, when other Circumſtances do make the whole ripe for it.

In ſome, theſe Corporeal Evils manifeſt their Cruelty when the Child is very young, by one Sign or other, evident to the Senſe; as, by Vomiting, Looſeneſs, Reſtleſsneſs, or Convulſions: Sometimes by Acrimonies, external, or otherwiſe; by which their Lives are quickly cut off, if they be not help'd with Remedies, that can fortify the natural Powers to reſiſt theſe Maladies. And that general Opinion, that Phyſick is not proper for Children, hath, in all Probability, deſtroy'd many, that might have otherwiſe been preſerved: For ſuch Maladies, how violent ſoever they may ſeem, are ſeldom mortal, if the internal Powers are ſtrengthen'd by proper Medicines; becauſe the Spirit in them is not ſo vitiated, as to nouriſh the Diſeaſe.

As to thoſe of riper Years, theſe putrid Ferments lye hid and harmleſs for a long Time in their Bodies; they not being always alone ſufficient to diſturb the Mixture of the Blood, ſo as to make an Effervescence, until ſuch Time as they are ſtirred up by the violent Heat of the Air, or other Accidents, to an Ebullution, and then a Coagulation, whereby the Plague, and other Contagious Diſeaſes, are generated.

The Proof of which, manifeſts its ſelf according to the Temper of Climates: When we conſider how the hot and dry Seaſons in *Ægypt* and *Turkey*, exerts its Fury in this Peſtilential Venom, and that by the Variation of Degrees in our more moderate Climates in *Europe*, theſe endemial Miſchiefs turn only to what we call the Small-Pox, and Meaſles, by infecting ſome Part of the Humours, whoſe Turgeſcency growing troubleſome to Nature, is driven out to the Surface of the Skin, without great Hazard of Life, if fit Remedies are timely applied.

For further Illuſtration hereof, it may be obſerved, that if the Vicidity of Poyſon will lye hid for a long Time in the Body, before it exerts its Force: And as ſo much is evident, from that famous prepared Powder, called *La Pouder de Succeſſion* of Madam *Brunvillier*'s, with which ſhe, Madam *de Voiſin*, and others of their Accomplices, poiſoned formerly ſo many Perſons in *France*, to any limited Time, (not exceeding Five Years) before it would ſhow its Spite: Why might not therefore theſe maternal Impurities lie lurking the ſame in the Blood and Juices, under a Putrefactive Vicidity for Years, before it manifeſts its Contagious Venom.

This Novelty in Opinion of our Author's, which he ſeems to erect upon a rational Foundation, may poſſibly, at firſt Sight,

meet with ſome Diſregard; however, I doubt not, but by a tract of Time, and further Obſervation, it will gain ſuch Credit in the World, as will give Praiſe to him, as his Merits deſerve.

But I will put an end to theſe Controverſies about the Seat and Cauſe of a Peſtilence, and other contagious Diſeaſes, which have from Antiquity, to theſe preſent Times, been warmly debated: It being more neceſſary to change the Conſideration into an Enquiry of our Author's Preſcriptions, and in what Method he treated the Sick, during the late Viſitation in *London*.

In the beginning of the ſaid Plague, he ſays, that he uſed all the known Antipeſtilential Medicines, both of ancient and modern Phyſicians, which he found would provoke Sweats, to throw out the Infectious Venom as ſoon as poſſible; to which all muſt have a Regard, that will ſave Life, as to a ſacred Refuge. Yet no Alexipharmicks would prevail, without the help of Cloaths; where a great Burning generally was, before the Sweats appeared. By reaſon, therefore, Nature being tired by ſuch a forcible way of acting, could not be enough aſſiſted to the extirpation of that Contagion, ſo as to diſſolve Buboes without Maturation, or ripen Blanes, or Carbuncles, but by a great Length of Time, and ſuch Struggles in Nature, that too

too often ended in Death; although, at that Time, the Diſtemper was not come to the Height of its Malignity: Whereupon perceiving this, and not thinking it anſwerable to true Practice, any longer to adminiſter according to a written Rule, he had Recourſe to ſome generous Remedies of his own Compoſition; whoſe Prevalency and Effects, might manifeſt themſelves with greater Vigor, and by a univerſal Diſpoſition, be more eſſential to true Healing. I would not have the World judge, that Specificks are altogether uſeleſs; becauſe I am well aſſured, that the Sacred Art conſiſteth in finding out, and rightly applying the ſame: Yet in ſuch a Manner, that they ſuit to Parts, and the Operations thereof, ſo that the ſad, the merry, the cold, and hot Conſtitutions, may thence reap an equal Benefit; which is not ſo difficult to accompliſh. For if a Specifick be fermented with a Univerſal, by this Means it is made more general, and will not have a regard to Conſtitutions, but the offending Matter in the Operations thereof.

Under all the various Manifeſtations of this dreadful Diſeaſe, he generally uſed one and the ſame Method of Cure, excepting where there was very great Danger. When they were firſt taken Sick, he ordered them to go preſently to Bed, and lay on them no more Cloaths, than they uſually did in time

of Health; then he gave them half a Spoonful of his *Tinctura Peſtilentialis*, in a Glaſs of Sack or White Port, perſuading them to lie ſtill; which, if they did, Sweats preſently followed. And for their Supports therein, they were allowed an Hour or Two after the ſaid Doſe was given, thin Mutton, or Chicken Broth to drink; Mace-Ale, Poſſet-Drink, or a thin Caudle, with a little White Port-Wine in it: And to refreſh the declining Spirits, they ſometimes took Five or Six Times a Day, from Forty to Fifty Drops of his Tincture of Coral, impregnated with Saffron, in a Glaſs of White-Port, or other generous Wine.

Where great Thirſt was concomitant with the Diſtemper, he uſed Oil of Sulphur, Oil of Vitriol, or Golden Oil of Salt; and often all the Three Oils, equally mixed together, to a pleaſing Acidity in all they drunk.

This Alexipharmick Doſe, is to be repeated Night and Morning, 'till you find the Malignity of the Diſtemper abated: After which, Sweat ſtill every Third or Fourth Day, as you ſee Occaſion; and this muſt be done for ſome Time, leſt the morbifick Matter ſhould revive, and the Diſeaſe return again.

And becauſe that changing Linnen is dangerous, and has been fatal to many, it is ſafer to let the Shift dry leiſurely upon their Bodies, only

only keep the Face wiped in the Sweat with a warm Cloth.

To ſome, upon the firſt Aſſault, he gave them his *Aqua Alexiteria* an Ounce, *Tinctura Peſtilentialis* Sixty Drops, mix'd for a Doſe. At Bed-time, of his *Orvietan*; and in all their Drink Oil of Sulphur to a grateful Sharpneſs. They continued the Uſe of theſe Medicines for Ten Days, and were cured.

To others, he preſcribed immediately this. Take the *Orvietan*, and his *Pulvis Peſtilentialis*, of each half a Dram, which Sweats them well. The next Morning they took Sixty Drops of Tincture of Antimony, in an Ounce of *Aqua Alexiteria*; and their Drink made pleaſantly Acid, with Oil of Vitriol. They continued the Uſe of theſe Remedies for a few Days, and were made well.

To ſuch as were Sick of this Diſeaſe, and taken at firſt with a great Vomiting, he ordered them preſently almoſt a Quart of Carduus Poſſet-Drink, which gave them Five or Six Vomits more; then at Bed-time, he gave them of his *Pulvis Peſtilentialis*, Two Scruples, drinking after it an Ounce of the *Aqua Alexiteria*; and every Morning Faſting, they took the Tincture of Coral, with Saffron Thirty Drops, *Tinctura Peſtilentialis*, Fifteen Drops, *Aqua Alexiteria*, an Ounce and half, mix'd for a Draught.

When

When he was ſent for to Children, he uſually ordered them at firſt his *Aqua Alexiteria*, Three Drams ; *Tinctura Peſtilentialis*, with Tinctures of Coral and Antimony, of each Eight Drops ; in an Ounce of *Canary*, or White *Port* Wine. At Night, going to Bed, a Quarter of a Spoonful, in a Glaſs of Wine, of his *Tinctura Peſtilentialis* : And if they complain'd of Faintneſs, or Sickneſs at Heart, they took now and then this Cordial :

℞ *Aqua Alexiteria*, Half an Ounce ; Tincture of Coral, Ten Drops : Mix for a Doſe.

Upon the taking of theſe Antipeſtilential Remedies, the Sweats for the firſt Twelve, or Twenty four Hours, were like Drops of Water for Largeneſs ; yet was there not any Depreſſion of Spirit, but more Eaſe, and greater Livelineſs ; and the Continuation of the ſame Sweats was pleaſant and refreſhing : By which means, often, Buboes diſſolved, and in the Third Day (at fartheſt) the Malignity was ſeparated. But when Blanes and Carbuncles appear'd, their Sweats were not altogether ſo great, nor ſo continual : But uſually, on the Third Day, the Blanes and Carbuncles open'd, and their Eſcars were divided from the living Fleſh ;

and Digeſtion ſo follow'd into Matter, that, in a little Time, (comparatively to that where other Medicines were uſed) perfect Health enſued.

However, after all this Succeſs, yet ſometimes ill Accidents would happen, thro' the Irregularities of Patients, or elſe the Careleſsneſs and Miſmanagements of their Attendants, altho' the Medicines had been rightly adminiſter'd. For ſome Perſons, upon the uſing theſe Remedies, after they had lain in great Sweats for Twenty four Hours, more or leſs, and thereby had found themſelves ſeemingly well, and free from all Diſturbances, or Senſe of the Peſtilential Venom; yet, by wilfully riſing out of their Beds whilſt their Sweats continued largely upon them, have given ſuch Checks to Nature, as inferr'd on themſelves ſudden Death. And, to this, our Author further obſerves, that all ſuch of that Diſeaſe, who did riſe out of Bed before the Third Day, or, at leaſt, before their Sweats were wholly ceaſed, (which were excited by the Uſe of his Medicines) did hardly ever recover.

Others were deſtroy'd by Errors of Nurſes, and ſuch as attended the Sick, in laying on too many Cloaths, whilſt they were in their Sweats; whereby Violence being offer'd to Nature, and the Spirits oppreſs'd, they

they languiſh'd under the Burthen, and were no longer, by any Means, capable of Help.

Again; ſuch Perſons who liv'd to Exceſs in their Eating and Drinking, and were ſeized with this Peſtilential Diſtemper, were generally taken at firſt with great Vomitings and Looſeneſſes; which they were wont rather to impute to their inordinate Living, than to the Power of the Plague then raging; and ſo ſought out for no other Remedies, than ſuch as were thought proper for thoſe Diſeaſes, and not the Plague, of which they died. Whereas, on the contrary, thoſe that liv'd temperate, and were obſerving of themſelves, ſo as to uſe immediately the proper Means, upon the firſt Senſe of their being aſſaulted by that Venom, and follow'd the Directions before given, very rarely miſcarry'd. Nay, even ſuch whole Families that were infected, have all eſcap'd, by duly obſerving the Orders above preſcrib'd.

And, laſtly, to add to this Scene of Miſery, it has been obſerv'd, That when Spots have appear'd, of what Kind ſoever they were, the Nurſes and Tenders of the Sick, as ſoon as they perceiv'd them, were ſtruck with ſuch a terrible Amazement and Apprehenſion; inſomuch, that thereby giving over their Patients for dead, they have left off

all

all their former Care in Attendance ; altho', at the ſame Time, theſe Spots were not the direct Signs of Mortality.

This pernicious Practice, as it was owing to an Error in Judgment among the Common People, ſo it concerns us to remove this Miſtake, by making it appear, that all theſe Peſtilential Eruptions are not endued with equal Conditions of Potency ; nor are they all alike ſuch ſure Pledges of Death, as the Vulgar would make them to be.

In order then to know the true Tokens, and the Degrees of Malignity in their Venom ; our Author adviſes, to have a Regard to their different Colour and Hardneſs ; and ſays, that in the late Sickneſs, ſuch whoſe Spots being prick'd, had a quick Senſibility, and that went no deeper than the Skin, he very ſeldom fail'd the Curing. But thoſe whoſe Tokens had a round Circle, dark blue and green, like the Colours in the Rainbow, with a Crimſon Mark in the Middle thereof, and a Hardneſs that diſtinguiſh'd it ſelf from the other Fleſh ; ſuch Spots, he owns, he could never ſubdue, by any Remedies whatſoever ; and thinks them rightly call'd Tokens, as they were in that Plague the infallible Token of ſudden Death.

The General Remedies being then thus provided, the External Helps are next to

be consider'd : And as Carbuncles are always attended with dangerous Symptoms, therefore they ought to be handled with greater Diligence ; and with all Speed imaginable they are to be ripen'd, and their Caustick Acrimony to be corrected, lest they should spread further.

To which Purpose, besides internal Antidotes during the whole Cure, our Author made use of Scarification, with deep Gashes ; and afterwards fomented a while the Part with warm Water, in which Nitre had been dissolv'd, that the Blood might not clod in the Sore : After which, he apply'd this Cataplasm :

℞ Barley-flower, green Scabious and Rue bruised, and a little Bay-Salt, with the Yolks of Eggs, as many as will make them into the Consistence of a Paste : Spread it on a Piece of Leather, and apply it.

But if these Remedies will not do, then he advises, presently to make use of the Actual Cautery, until, in all the Parts, there be a Sense of Pain : Afterwards remove the Escar, or Crust, (if possible) in Twenty four Hours, with this Ointment :

℞ Gum *Elemi*, Turpentine, Goose-grease, Honey, of each Half an Ounce ; Wood-Soot ;

Soot, Three Drams; Yolk of one Egg; Mithridate, Two Drams; Oyl of Scorpions, enough to make an Ointment.

The Ulcer muſt be heal'd up with Emplaiſter *de Minio*, or ſome other Kind of healing and drying Plaiſter: But let it not be heal'd too faſt, for fear the poiſonous Matter being not wholly evacuated, ſhould cauſe either the Return of the Diſeaſe, or Death.

As concerning Buboes, our Author ſays little of them; becauſe (where his *Recipe's* were uſed) they ſeldom ever ripen'd, but diſſolv'd: Except where Patients were ungovernable in their Sweats, and thereby gave Occaſion to the Maturation thereof; which when happening, he then apply'd this Cataplaſm:

℞ Ointment of Mucilages, *Baſilicon* the greater, Melilot Compound, of each alike Parts; Oyl of Lilies, a ſufficient Quantity: Melt theſe together, and, with a little Bean-Flower, make them into the Conſiſtence of a Cataplaſm.

This will ſpeedily ripen, and break the Buboes; which when they are ready, you muſt not ſtay for their breaking of themſelves, but cauſe them to be open'd in a de-

pending Part with a Lancet, and let them run plentifully.

Then, at each Dreſſing, waſh the Ulcer with this Lotion, warm:

℞ White Wine, and *Aqua Prunellæ*, wherein Turpentine hath been waſh'd, *Mel Roſarum*; of each, equal Parts: Make an Injection.

In which dip a ſhort Tent, it being arm'd with *Baſilicon*; and ſo apply it, with a *Diachalon* Plaiſter *cum Gummis* over all.

During the whole Cure, he preſcrib'd Alexipharmicks Night and Morning; *viz.* his *Tinctura Peſtilentialis*, Half a Spoonful, (and ſo in Proportion, a leſſer Doſe, according to Age and Sex) to defend the Body, and drive the Malignity out, leſt otherwiſe its infectious Atoms might be ſent to the Heart, and kill the Patient.

Having thus come to a Concluſion of that tranſient View (we have herein given you of our Author's Method of Practice; it remains now, that we give you here the *Recipe's* themſelves, whoſe Virtues were ſo extreamly cry'd up, for the vaſt Benefit the Publick found from them, during the late fatal Times.

The *Tinctura Peſtilentialis*.

℞ *Virginian* Snake-Root, Three Ounces; Winters-bark, Two Ounces; Contrayerv

Cinn:

Cinnamon and Cubebs, of each an Ounce; *Jamaica* Pepper, Six Drams; Ivy Berries, Half an Ounce; choice *Theban* Opium, Two Drams; *Chèrmes* Berries, Saffron, Cochineel, and Ginger, of each a Dram: Reduce into a groſs Powder what are to be bruiſed, and pour thereon rectify'd Spirit of Wine, a Quart nitrated with an Ounce of Spirit of Nitre *Dulcis*. Digeſt Twenty Days, ſhaking it two or three Times a Day; then let it ſettle, and decant the clear Tincture; in which diſſolve Camphire, (by grinding in a little of the ſaid Tincture) Half an Ounce: Mix all well together, and keep it in a Glaſs cloſe ſtopt for Uſe.

The Doſe of this Tincture.

As a Preſervative, take a Quarter of a Spoonful, or ſomething leſs of it, in the Morning, faſting, a little before Dinner; and, if you pleaſe, laſt at Night, going to Bed. Curatively, in the Plague, or other malign Fevers, the Sick being in Bed, give it from a Quarter of a Spoonful, to Half a Spoonful, (according to Age and Sex) in a Glaſs of Sack, or White *Port*; which reiterate Morning and Night, till well.

The *Aqua Alexiteria.*

℞ Mithridate, Nine Ounces; *Virginia* Snake-Root, an Ounce; Contrayerva, Zedoary, Winters-Bark, Cinnamon, Bay-berries, Six Drams;

Drams ; Mace, Cloves, Nutmegs, Cardamoms, Juniper-Berries, *Jamaica* Pepper, Ginger, of each Three Drams ; Saffron, Cochineel, Limon-Peels, Orange-Peels, of each Two Drams ; Rue, Rosemary, Bawm, Mint, Peniroyal, Sage, Savory, Mother of Thyme, and Lavender-Flowers, Angelica, of each a good Pugil ; Spirit of Wine Three Pints ; bruise what are to be bruised, and digest all together for a Fortnight, then put thereto White-Wine Two Quarts ; Distil all in an Alembick, with a Refrigeratory, and draw off Three Pints of Spirit, which reserve ; then change the Receiver, and draw off a Quart more, which with treble refined Sugar, make into a Syrup, to which put thereunto the first distilled Spirit, and let them stand until they are clear.

This Water may be given from half a Spoonful, to Two Spoonfuls, upon any emergent Occasion : As, in the Morning, a little before Dinner, and at Night going to Bed.

Pulvis Pestilentialis.

℞ Bezoar Mineral, *Virginian* Snake-Root, and *Bezoar Animal*, which is Powder of dried Vipers, of each Two Ounces : Cochineel, Saffron, Volatil *Sal-Almoniack*, of each half an Ounce ; Camphire, and Volatil Salt of Hartshorn, of each Two Drams ; all being reduced into a subtil Powder, mix them well toge-

together, then keep them close in a Glass, with a Glass Stopper for Use.

You may give this Powder Morning and Night: The common Dose to be given, is from Twelve Grains, to Twenty Four or Thirty, according to the Strength and Ability of the Patient. These Doses are to be taken a-Bed: But if you give it oftner, then the Dose is, from Five to Ten Grains: Take it in some proper Syrup, and let the Sick drink a Dram of *Aqua Alexiteria* after it.

Tincture of Coral.

℞ Tincture of Coral Six Ounces, Saffron Two Drams; mix together, and digest for Ten Days, shaking the Bottle Twice or Thrice a Day, then let it settle, and decant of the clear for Use.

This may be taken from Ten Drops, to Thirty, Forty, or Sixty, as the Sick is in Years and Strength: Give it in White Port, Sherry, or Canary, or in any proper Cordial-Water; and that Three, Four, Five or Six Times a Day, as you see Occasion.

Electuarium Orvietanum.

℞ Choice Opium Six Drams, make it into an Extract with Spirit of Wine, then dissolve it again in White-Wine Vinegar, and evaporate it to a middle Consistence: Take solid

Extracts

Extracts of *Virginian* Snake-Root, half an Ounce, *Zedoary* and *Contrayerva*, of each Two Drams, Juice of Alkermes half an Ounce; dissolve them in so much Spirit of Wine, as may make them into a thin Electuary. To which add Winters-Cinnamon, Elecampane, Bay-berries, *Indian* Spikenard, White-Poppy Seed, Volatil *Sal-Armoniack*, Myrrh, Ginger, Cochineel and Saffron, of each Two Drams: Coral half an Ounce, Musk and Ambergrise, of each Seven Grains and half; make all into a subtil Powder, which mix with Bezoar Mineral, Bezoar Solara, and fresh Powder of Vipers, of each Two Drams. Then take Chymical Oils of Cloves, Sassafras, Rosemary, Lavender, Limons, Juniper, Amber, Caraways, Cinamon, and Wormwood, of each a Dram; which Oils put into a large *China* Cup, big enough to contain the whole Medicine: Dissolve therein (by Grinding) Camphire half an Ounce; put thereto Oil of Nutmegs, by Expression, Balsam of *Mecha*, Elixir of Vipers, of each Two Drams. Lastly, take clarified Honey, a Pound and half, and put to it the dissolved Opium, Alkermes, and the other Extracts; then sprinkle in the Powders, stirring them well over a gentle Heat; when done, then let them cool, and put them all together into the *China* Cup, with the Camphire and Chymical Oils, where, with a Glass Pestle, let them be perfectly united together, and compleated for an Electuary.

In the giving this Medicine, you are to consider the Age and Strength of the Patient; the Dose is from Ten Grains, or half a Scruple, to half a Dram, or a Dram, as you see Occasion.

Take it dissolved in Sack, White Port, or some other convenient Vehicle; as the *Aqua Alexiteria*, or some such like. When the Sick takes it for the Plague, or any malignant Fever, let them be in their naked Bed, that they may Sweat well upon it, and so continue for Five or Six Hours; after which they will lie in a kind of breathing Sweat, at which Time moisten their Mouth with the Juice of an Orange, or some other pleasant Cordial, made gratefully Acid, with some few Drops of Oils of Sulphur, Vitriol and Salt, mixed equally alike together.

As these General Dispositions of Medicines here treated of are singularly useful, to keep Practitioners from Error; so their Universal Tendency have herein sufficiently manifested their Efficacy upon this Distemper, beyond the Imagination of any that have not proved them; for they most sensibly act on the Diseased Part. And although they have not had a sufficient Prevalency to Cure all in this Disease; yet by strengthning the vital Faculties, and removing Part of the Evil: Nature, by this Assistance, is better enabled to act in her own Defence, and by little and little, over-

come the Venom of the Diſtemper, which would otherwiſe end in Death.

For Nature is that we ought chiefly to regard; to help her where ſhe is weak, to enliven her where ſhe is dull and low, and to pacify her, when by Ferment enraged. Whoſoever can accompliſh this, ſhall find the moſt deſperate Maladies fly before him: But Diligence, and a ſound diſcerning Judgment, aſſiſted with Patience, and an uncommon Zeal to do Good, are the only Eſſentials to reach theſe Deeps, and to diſcover ſuch Methods in Phyſick, as are proper to extirpate thoſe Exorbitances. Thoſe that have trodden this Path, have been very few, and what they have written, rather ſtirs up Deſire, than ſatisfies; How much more then ought we to regard our Author? That has given us here Remedies, as are impreſſed with a Divine Seal, capable to extirpate the Characters of theſe Peſtilential Venoms, or at leaſt to ſubvert their Acts; having a natural Faculty to remove only every occaſional Matter, and weaken not, which otherwiſe would extinguiſh Life.

After theſe Obſervations, it remains that we now ſay ſomewhat concerning the Uſe of Bleeding and Purging; whoſe pretended Virtues have, for ſome Time, been ſo highly cried up, in all malignant Diſtempers, by the preſent Book-Doctors of this Age; whoſe Pride, and an overweening Conceit, has kept them hitherto from ſearching into the Myſtery

of

of true Practice. For they conclude, if they adminiſter according to a written Rule, ſet out by any they eſteem able, (let the Succeſs be what it will) 'tis juſtifiable, becauſe anſwerable to what was directed; they themſelves being Judges; tho' it be contrary to Nature in all Reſpects: But were the one more minded, and the *Recipe's* of Doctors leſs, we ſhould ſoon ſee a happier Effect in the Cure of theſe Diſeaſes.

Our Author (as they are Revulſive Remedies, which calls from the Circumference to the Center) looks upon them highly oppoſite to the Nature of this Diſtemper, and therefore contrary to the true Indication of Cure. For, he ſays, let any one but obſerve the Progreſs of Contagious Diſeaſes, and he muſt neceſſarily diſcern, that by Bleeding, or any Purging Remedy, tho' but a Clyſter, (becauſe Nature endeavours to make Separation another way, by the Skin) doth notably hinder the then needful and neceſſary Expulſion. Beſides which, the Heat, that is the effectual Cauſe of thruſting forth Buboes and Blanes, being by ſuch Practice diminiſh'd; the Vital Potency muſt thereby grow weak and languid, and, for want of ſufficient Strength to drive out the univerſal Defædation, Nature's Conteſt with the Diſeaſe muſt ceaſe, by Nature's being overcome.

Altho', at preſent, theſe Things may ſound harſh to the Ears of ſome, yet being true, and

having Nature for their Foundation, they will, perhaps, outlive the Enemies of the ſame, and in another Age be as generally receiv'd, as now they are deny'd in theſe Apoſtate Times.

But we will deſiſt from further Controverſy, becauſe we will proceed to Matters of leſs Diſpute, and, like faithful Miniſters of Nature, ſet forth the Helps which the former famous Phyſicians (Dr. *Linaker*, Chief Phyſician to *Hen.* VII. and *Hen.* VIII. and Dr. *Turner*, Chief Phyſician to Q. *Elizabeth*) made uſe of, againſt ſuch common and grievous Calamities. And we are the rather willing to take notice of them, by reaſon they are ſo conformable to the preſent Rules of our *Galeniſts*, and their Cold-Still-Water Practice: Tho', with Submiſſion to theſe Great Men, we cannot eaſily come into a Belief, that any Advantages are to be had from them, much more a Cure. For, to put the Hazard of Life upon ſuch idle and mean Remedies, as ſome of our great Phyſicians did in that terrible Time of Deſtruction, in the late Viſitation, was no other than a Sort of Madneſs; ſeeing ſo many Potent Extracts, Chymical Oyls, Volatil Salts, and Quinteſſences of generous and prevalent Drugs, were, at the ſame Time, made uſe of by others, to great Cures, and laſting Fame.

Dr. Linaker's *Celebrated Antipeſtilential* POWDER.

℞ Aloes Succotrine, Cinnamon, and Myrrh, f each Three Drams ; Cloves, Mace, *Lignum* loes, Maſtick, and Bole-Armoniack, of each lalf a Dram : Let them be reduc'd into a ſub- l Powder, for Uſe. Take of this a Twopenny Veight every Morning, in a Glaſs of White- Vine, or *Taragon* Water, till well.

For Buboes *and* Carbuncles.

℞ Elder-Leaves, red Bramble-Leaves, alike Quantity ; which, with Muſtard-ſeed, reduce nto a Paſte, for a Plaiſter to lay upon the ore, to both draw and heal.

Dr. Turner's *Famous Antipeſt.* Electuary.

℞ Ivy-berries, in Powder, Two Scruples ; Mithridate, Half a Dram : Mix for a Doſe, to e taken in a Glaſs of White-Wine, Night and Morning, till well.

For Buboes *and* Carbuncles.

℞ Scabious green, Two Handfuls ; Hogs Lard ſalted, Two Ounces ; with the Yolk of an Egg : Make it into the Conſiſtence of a Cataplaſm ; which ſpread upon Leather, and apply to the Sore. Or,

℞ Black Snails, and Leven'd Bread, a ſuffi- cient Quantity ; which bring into the Conſi- ſtence of a Poultice, for a Plaiſter to apply upon the Sore.

Now,

Now, to conclude ; it may not be improper to take notice, that altho' there are innumerable other Preparations to be met with, in the Writings of ſeveral Phyſicians, for this Diſtemper ; yet, to diſcharge here my Duty, I have only mention'd theſe few of our own Progenitors ; by whoſe Dignity from their Authors, tho' they ſeem'd to be the Parents to all others, yet we do not find that their Effects were of ſufficient Force to drive out the venemous *Miaſmata*, in Anſwer to the Expectations of thoſe many that confided too much in them : For as the Terreſtreity of their Medicines was not ſeparated by Chymiſtry from their ſpiritual Parts, they muſt be unfit to be adminiſtred in any Caſe, ſo far as Communication of Strength was needful. And to add to this, that altho' under the Notion of Antiquity, the Vulgar have ever reverenc'd our Anceſtors for their Art, yet theſe, by their *Recipe's*, were really but the Infancy of the World ; and that it is our Age then, which, by following long after theirs, is indeed the true Antiquity : Why therefore muſt we dote ſtill upon their Childhood Inventions ; and not rather, having theſe Advantages, (which Beginners muſt needs have wanted) proceed and grow old in the Medicinal Underſtanding, as well as in Time ?

F I N I S.